

4 SAFETY RULES

1. ALWAYS KEEP THE MUZZLE IN A SAFE DIRECTION.
2. DO NOT LOAD UNTIL GIVEN THE LOAD COMMAND.
3. KEEP YOUR FINGER OFF THE TRIGGER UNTIL THE SIGHTS ARE ON THE TARGET.
4. MAKE SURE THOSE AROUND YOU FOLLOW THE SAFETY RULES.

SAFE RIFLE

- Magazine (Tube/Clip) **OUT**
- Bolt **BACK** (& Locked w/ Exceptions)
- Safety **ON**
- Chamber Flag **IN** (the Chamber)
- Rifle **GROUNDED – STEP BACK**
- **NO ONE TOUCHING** the rifle

LINE COMMANDS – GENERAL & AQT STAGE 1& 4

- Shooters, your preparation period begins now!
- Shooters your preparation period ended (EYES & EARS).
- With X rounds, **LOAD!**
- Is the line the ready?
- Ready on the right?
- Ready on the left?
- All ready on the firing line !
- **FIRE!**
- **CEASE FIRE! CEASE FIRE! CEASE FIRE!**
- **UNLOAD AND CLEAR!**
- Is the line clear on the right?
- Is the line clear on the left?
- **THE LINE IS CLEAR! THE LINE IS CLEAR!**
- Shooters, you may proceed down range! Etc.

LINE COMMANDS – TRANSITION STAGES ONLY AQT STAGES 2 & 3

- Shooters, your preparation period begins now!
- Shooters your preparation period ended (E & E)
- **SAFETIES ON!**
- **STAND!**
- Is the line the ready?
- Ready on the right?
- Ready on the left?
- All ready on the firing line!
- **FIRE!**
- **CEASE FIRE! CEASE FIRE! CEASE FIRE!**
- **UNLOAD AND CLEAR!**
- Is the line clear on the right?
- Is the line clear on the left?
- **THE LINE IS CLEAR! THE LINE IS CLEAR!**
- Shooters, you may proceed down range! Etc.

STEADY HOLD FACTORS

- Body angled @ approx. 30 degrees offset
- Support hand **RELAXED**, rifle on life line bones
- Support elbow directly **UNDER THE RIFLE**
- Sling **SNUG** (High on arm & smooth across back of support hand)
- (Spine & Support Leg **STRAIGHT**)
- Trigger knee up **TIGHT**/shin parallel w/barrel
- (Trigger Elbow **PLANTED** with weight/Stable angle)
- Trigger Hand firm **HANDSHAKE GRIP**/Stock in smartly, solid
- (Finger **HOOKED**, on 1st pad & not dragging wood)
- Turkey neck/**CHEEK WELD**/Don't break weld

SIX STEPS OF FIRING THE SHOT

1. Sight **ALIGNMENT** (+cheek weld = accuracy)
2. Sight **PICTURE**
3. **RESPIRATORY PAUSE** (bottom of normal cycle)
4. A. **FOCUS YOUR EYE** on the front sight (Physical)
B. **FOCUS YOUR MIND** on keeping the front sight on the target (Mental)
5. **SQUEEEEEEEEEZE** the trigger (Sloooooowly build pressure)
6. **FOLLOW THROUGH:**
 - Hold the trigger back
 - Take a mental snapshot of where on the front sight was on the target at trigger break

NPOA

- Do the 1st two steps of firing the shot
- Close your eyes during respiratory pause
- **RELAX INTO SLING**; Open your eyes
- Check sight picture – Adjust your position
- Repeat as needed until **RIGHT** – Don't move it
- Trust NPOA & Shoot in Rifleman Cadence

STANDARD AQT

STAGE 1: Prep 1 magazine w/ 10 rounds. Start standing, shoot **STANDING**. TOP target 10 shots. 2 MINUTES.

STAGE 2: Prep 2 magazines w/2 & 8 rounds. Start seated. **STAND AT COMMAND**. Transition, shoot **SITTING/KNEELING**. Second row, 5 shots into each target with magazine change (2-round magazine first) 55 SECONDS.

STAGE 3: Prep 2 magazines w/ 2 & 8 rounds. Start prone. **STAND AT COMMAND**. Transition, shoot **PRONE**. Third row 3 – 3 – 4 with magazine change. (2-round magazine first). 65 SECONDS.

STAGE 4: Prep 1 magazine w/ 10 rounds. Start Prone, shoot **PRONE**. Bottom row, 2 – 2 – 3 – 3. FIVE MINUTES (Reduce at SB discretion – 90? Seconds)

